

Beancakes [Sweet]

Ingredients:

85g plain flour

225g broad beans [fresh or frozen]

100ml milk

2 15ml spoonfuls of honey [the runny sort]

Knob of butter

1 15ml spoon of linseeds [this is optional]

Method:

Shell the beans or defrost if frozen

Chop them roughly

Add the flour

Moisten with milk to make a paste

Add the honey

You may need to add more milk at this stage to make the batter drops from the spoon.

Grease a frying pan and when it starts to sizzle and smoke, drop small spoonfuls of the batter into the pan.

Reduce heat and keep turning the cakes so they don't brown.

Once they are golden brown on both sides they are ready

Remove from the pan and enjoy!